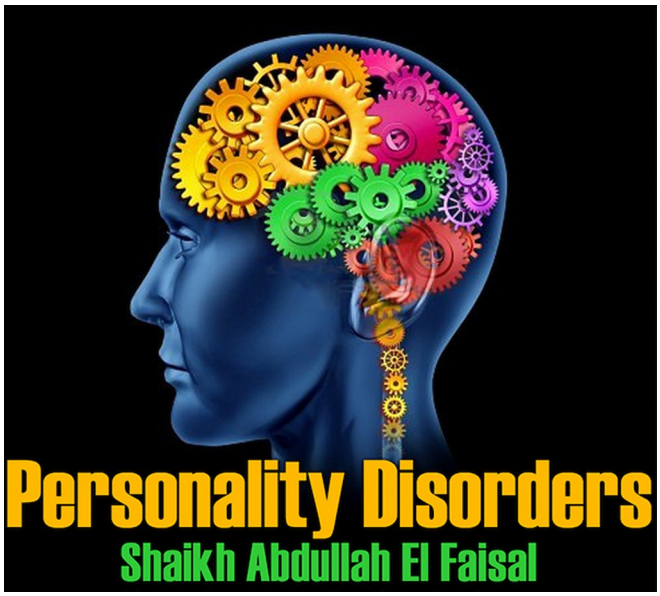

PERSONALITY DISORDERS

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Part 1: Paranoia and Schizophrenia
Part 2: ADHD, OCD and Bipolar
Part 3: Narcissistic Personality Disorder
Part 4: Post-Traumatic Stress Disorder (PTSD)
Part 5: Antisocial Personality Disorder

Opening Part 1 - Paranoia and Schizophrenia

Welcome back to this seminar of our sessions.

Today we will be covering the topic **Personality Disorder**.

This is a topic that we are about to cover now, by the will of Allah.

Now, whenever we are about to cover a topic, the first thing we do whenever we are covering a topic is to define the topic.

If you don't define the topic, the people will be like headless chickens. What are you talking about?

The people would be like, "Hey, let's chickens." They'll say, "What are you talking about?" So what are personality disorders, or what is a personality disorder?

The definition is to have a character trait that goes against the established norms of the society.

To have a character trait that goes against the established norms of the society.

If it's the norm of society for you to eat one plate of food for dinner, but you eat three plates of food for dinner, you have a personality disorder and you have an eating disorder. You're suffering from the Prader-Willi syndrome. And this results in obesity. Obesity is a personality disorder, a mental disorder, a behavioral problem, obesity.

So the moment you have a character trait that goes against the established norms of the society, you have a personality disorder.

So for you to be a woman who is five feet six inches, one hundred and sixty-eight centimeters, you are 168 centimeters and you only weigh maybe 80 pounds. You have a personality disorder and you are suffering from anorexia. Maybe you are those 40, 50 kilos, and you are 5 feet 6 inches. You are suffering from anorexia. Your behavior goes against the established norm of the society.

Whenever people suffer from personality disorders, they can't stay in a marriage, they can't keep a job, they can't keep friends. Their character is obnoxious, repugnant, and repellent. That's their character, obnoxious, repugnant, repellent, and they are untenable.

Untenable means we can't afford to have them around because they upset everybody else. That is the meaning of the word untenable. They can't be around because they offend and upset everybody else.

When you have a personality disorder, you can't keep a job and you can't keep a marriage as well. Because your character is obnoxious, repugnant, repellent, and untenable. It makes you untenable.

I don't expect for us to have one sitting for this lecture. It's gonna be maybe two, three sittings.

The Rasool said: إِنَّمَا بُعِثْتُ لِأُتَمِّمَ مَكَارِمَ الْأَخْلَاقِ
“I was sent for no other reason except to give you good morals.”

Therefore, for a Muslim to have a personality disorder, that's not acceptable. For you to be a Muslim and you have a personality disorder, this is totally unacceptable.

People with personality disorders, they are loners, they live on their own, die on their own, because of their acute personality disorder.

So which personality disorder will we speak about first? Because there are so many. And all of you, you have people in your family with personality disorder. All of you, you have people in your family with personality disorder.

The first personality disorder I have in my notes is paranoia, paranoid personality disorder.

Definition of Paranoia

What is the definition of paranoia?
A person suffering from paranoid personality disorder. This person has a strong feeling of suspicion and distrust of others. They feel that others are out there to manipulate them, to exploit them, to deceive them, to harm them. That is their feeling. Others are out there to deceive them, to exploit them, to manipulate them.

These people can be contentious. Contentious means you are argumentative. These people can be cantankerous because they have a feeling of suspicion that others are there to exploit them, to deceive them, to harm them, to manipulate them. So they can be very contentious. Contentious means you are argumentative, and they ask excessive questions because they have a suspicious mind. They are prone to asking excessive questions that annoy their peers.

Their behavior is a hostile aloofness. They keep themselves aloof from others because they have a suspicious mind of others. Because they are hyper vigilant for all potential threats. So why this hostile aloofness? Because they are hyper, hyper vigilant for any potential threat, for any potential harm and danger, hyper vigilant for all potential threats.

They may act in a guarded, secretive manner. They act in a guarded and secretive manner. Sometimes their manner is cold and they lack tender feelings. Because they don't trust others, they have an excessive need to be self-sufficient and independent and self-reliant. They have a strong sense of independence and self-reliance because they don't trust others. They have a sense of autonomy. Independence, self-reliance.

Because they don't trust others, they see the need to control those who are around them. Because they don't trust other people, they see the need to control those who are around them. Control the behavior and activities of those who are around them because they can't trust others.

They are often rigid in their thoughts. They are rigid with their views, very critical of others, unable to collaborate. And they have great difficulty in accepting criticism.

A person suffering from this mental disorder, they are very rigid in their views, their thoughts, critical of others, unable to collaborate, and they have a great difficulty in accepting criticism from others. So even though they are critical of others, they themselves aren't able to accept criticism from others.

That is the personality of a person who is suffering from paranoia.

So you need to listen attentively to what I'm saying to see if you are living with someone who has this personality disorder.

Symptoms of Paranoid Personality Disorder

1. He suspects others without any basis. Even though Allah said in
   Surah al-Hujurat (49:12):
   إِنَّ بَعْضَ الظَّنِّ إِثْمٌ
   "Indeed, some suspicion is a sin."

   يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَب بَّعْضُكُم بَعْضًا
   "O you who have believed, avoid much suspicion. Indeed, some suspicion is a sin, and do not spy, and do not backbite one another."

2. They are preoccupied with unjustified doubts about the loyalty and trustworthiness of others.
3. They are reluctant to confide in others out of fear that the information will be used maliciously against them in the future.
4. They see a need to read between the lines. Every statement that they hear, every statement that they read, they see the need to read between the lines, and they'll never take anything at face value.
5. They persistently bear grudges. They are totally unforgiving.

Hadiths on Mercy and Mixing with People

The Rasul said that the man who mixes with the Muslims and who is patient with their weaknesses is better than a man who keeps himself aloof from the Muslims and looks down on the Muslims.

Hadith: "Irham man fil-ard, yarhamkum man fis-samaa."
"Show mercy to those on earth and the One above the heavens will show mercy to you."

Those who are merciful will be given mercy by Allah. Those who are merciful will be given mercy by the Most Merciful. Be merciful to those on earth, and the one above the heavens will have mercy on you.

Causes of Paranoia and Other Disorders

What causes paranoia? Your personal history. Your upbringing, the way your parents bring you up, the things you experience at home.

Every personality disorder that people suffer from is because of their past history. Some unpleasant scenario took place with them, some horrifying and terrifying episode took place in their life. That leaves a scar on them, and because of that, they suffer from a personality disorder.

The person who's suffering from paranoia, they need counseling, they need counseling, and tablets don't work. Tablets is a gimmick. The pharmaceutical companies are laughing all the way to the bank, and tablets don't work.

Schizophrenia

The other personality disorder that I'd like to discuss is schizophrenia.

What is schizophrenia?
As I told you, we have to define every personality disorder. If it's not defined, then you become like a headless chicken.

The persistent hallucinations and delusions that result in abnormal perceptions and beliefs.

These people who are suffering from schizophrenia, they have a distorted interpretation of reality. Therefore, they don't see the truth as truth. And they don't see falsehood as falsehood.

Surah az-Zukhruf (43:36)
وَمَن يَعْشُ عَن ذِكْرِ الرَّحْمَٰنِ نُقَيِّضْ لَهُ شَيْطَانًا فَهُوَ لَهُ قَرِينٌ
“And whosoever turns away from the remembrance of the Most Merciful, We appoint for him a devil to be his constant intimate companion.”

This is the answer for schizophrenia in front of you in the Holy Quran.

Symptoms of Schizophrenia:

- Social isolation and withdrawal syndrome.
- Bizarre statements and beliefs.
- Increasing reliance on drugs, alcohol and hallucinogens.
- Emotionless, become a psychopath, no emotions.
- Hostile and suspicious.
- Total lack of motivation and ambition.
- Speaking in a strange manner, unlike themselves.
- Inappropriate laughter.
- Insomnia or oversleeping.
- Deterioration in personal appearance and personal hygiene.
- Speaking to themselves.

Cause: The worst vessel of the shaytan.
Cure: Return to the Deen. The shaytan only has power over weak Muslims.

Full Q&A Session (Exact Words)

Q1: Sheikh, is there a sunnah for how many hours one should sleep at night?

A: The sunnah is to go to bed after Isha and wake up for your Fajr Salah. That is the sunnah. I don't know how many hours is that. That might be about eight hours.
And when you sleep, you should sleep on your back or your right side. Don't sleep on your belly. It's makruh to sleep on your belly, it's makruh or your left side. To sleep on your belly is not haram,

it's makruh.
You should sleep on your back or your right side. And you say, "Allahumma bihkamutu wa ahiya". That is the du'a for sleeping.
The du'a for waking up, Alhamdulillah, Allah the Appearer, after we die, and to Him we shall return. Our praise is due to Allah who has given us life after we were dead, and unto Him we will all be gathered, Wa ilahihin nushoor. That's the du'a for waking up.

Q2: I had a dream I saw Abu Qatada, but he came to Salam and was surrounded by a lot of people like spies asking him questions. Can you tell me what this means?

A: It means that he will be released and he'll be swamped by journalists asking him questions about his extradition ordeal. That is the interpretation of your dream.

Q3: I had a strange dream today where I was chasing someone, then this person fell over a bridge and fell into the sea. I tried to stop but couldn't stop and fell in as well. Can you please explain this?

A: It means that you will try to save somebody from danger, and you will fall into the danger itself. You'll fall into the danger itself. Only Allah knows the nature of the danger.

Q4: If someone is soft-hearted but he wants to be assertive, how does he achieve this?

A: Sometimes it's not good to be too soft-hearted. You have to be balanced, because you are Ummatan Wasatan, the balanced nation. If you are soft-hearted and you find that you are too soft-hearted, always use somebody else to make hard decisions on your behalf.

Q5: What's the best way to protect yourself from dreams that are from Shaytan and to protect yourself from the little jinn when you sleep?

A: The best way is that you make wudu and recite the Qur'an. Then your soul will be mixed up with the souls of the angels and you'll have a pleasant dream.
If you go to bed without making wudu and reciting your du'a, your soul will be mixed up with the souls of the Shayatin, and you'll have nightmares.
But if you make wudu and recite your du'a, your soul will be mixed up with the souls of the angels and you'll have true dreams.
And the Rasool said, “A true dream is a forty-six part of prophecy. I am the last prophet.” There'll be no prophet after me. The only thing left of prophecy is a true dream. It's the forty-sixth part of prophecy. This hadith found in Sahih Bukhari.

Closing

Thank you very much for coming. I'd like to thank the admins who made it possible.

Subhanallahumma, alhamdulillah…

End of Part 1

Part 2: ADHD, OCD and Bipolar Disorder

Welcome, brothers and sisters in Islam.
Assalamu alaikum wa rahmatullahi wa barakatuh.

Welcome back to this lecture, our students.
Today we shall be continuing with our topic, personality disorders.

The reason why it was requested of me to cover this topic, and many people say it was long overdue, is because the Muslims are living in Dar al-Harb. And because they are living in Dar al-Harb, they suffer from all the diseases that the kuffar are suffering from — whether the disease is spiritual, mental, or physical. They have lived among the kuffar and they suffer from all the diseases that these kuffar are suffering from.

It is important for you to know these personality disorders, so that if you are living with someone with one of these personality disorders or multiple personality disorders, you'll be able to detect the disorder and then you make a decision — it's your decision — whether you will live with the person or you will divorce the person.

ADHD – Attention Deficit Hyperactive Disorder

Now, the other personality disorder I have in front of me is **ADHD, Attention Deficit Hyperactive Disorder**.

Definition:

This is when a child is more inattentive or more hyperactive than his peers of similar age group.

Symptoms of ADHD:

- The person fails to pay attention to details and makes careless mistakes in work, in school work and other activities.
- The person often has difficulties to sustain attention in task or play activities. Their attention span is very weak.
- The person often doesn't listen when spoken to directly.
- The person fails to follow instructions and leaves work half done.
- The person is unable to be organized with a task or activity.
- The person dislikes tasks that require sustained mental effort.
- The person often forgets or loses things necessary for his task to be accomplished.
- They are easily distracted and unable to remain focused.
- The child is unable to sit still in class but keeps fidgeting.
- The child is always on the go, as if driven by a motor.
- The child talks excessively.
- The child blurts out answers before the question is completed.
- The child has difficulty waiting his turn if he is participating in a game or a task.
- The child often interrupts others and intrudes on others, butts into conversation of others and their games. The child is disruptive in the classroom and makes the job of the teacher an impossible job.

Real Example:

In Halifax, UK around 2005, one child suffering from ADHD caused a whole school to be closed down. All the teachers refused to teach him. He was unreachable, unteachable and unapproachable.

Cause:
These carefree women when they are pregnant, they smoke cigarettes, they smoke ganja (marijuana), they drink alcohol, and they do drugs — even cocaine and heroin — while they are pregnant. The child is abused before he is even born. The baby receives the crack cocaine, alcohol and heroin through the umbilical cord. This causes chemical imbalance in the brain and the child becomes damaged goods. This is why ADHD is pandemic in the West but not in Muslim lands, because decent Muslim women do not indulge in these haram activities while pregnant.

OCD – Obsessive Compulsive Disorder

The other personality disorder is **OCD, Obsessive Compulsive Disorder**.

Definition:
This is an anxiety disorder — a repetitive and ritualized behaviour that the person feels driven to perform. You keep repeating the same action over and over again like a ritual. These behaviours are called compulsions.

Examples & Symptoms:

- A man washing his hands fifty times a day every day because of fear of bacteria.
- Before throwing out the garbage, spending a long time searching the garbage to see if anything valuable will be thrown out by accident.
- When parking the car, turning back three times to check if the roof light is switched off.
- Before going to bed, repeatedly checking all doors are properly bolted and locked.
- When going on holiday for a month, repeatedly going back home to check if the stove is turned off or the lights are switched off.
- Hoarding old newspapers and magazines from the 1960s even when there is hardly space to walk in the house.
- Skin picking, hair plucking, nail biting (mild forms).
- Constantly washing, cleaning, arranging and grooming.

Nature of Obsessions:
An obsession is a thought that recurs and persists despite efforts to ignore it. It can be a craving for something or a fear of something. Some obsessions lead to dangerous behaviour such as stalking, serial rape or serial killing. The pleasure centre in the brain is triggered when the obsession is fulfilled. The internet has made OCD more complicated and more dangerous.

Cause:
Often stems from a perfectionist upbringing where parents were very strict and punished every mistake. One mistake is one mistake too many. Psychologists admit they do not fully know the cause, but often mention chemical imbalance in the brain.

Bipolar / Manic Depression

One more topic before we close — **Bipolar Borderline Personality Disorder** (also known as Manic Depression).

Definition:
Mood swings that go from one extreme to the other extreme. “Bi” means two, “polar” refers to the North Pole and the South Pole.

Mania Episode (Happy / High):

- Feeling of high energy and creativity.
- Euphoria.
- Talks and laughs a lot.
- Sleeps very little.
- Very hyperactive.
- Feels powerful, invincible, and destined for greatness.
- Impulsive spending, gambling life savings, charging thousands on credit cards for things they don't need, foolish investments, inappropriate sexual activities.

Depression Episode (Sad / Low):

- Gets angry easily (irritability).
- Feeling of guilt for the state they are in.
- Unpredictability.
- Feeling of restlessness.
- Sleeps a lot and gains weight.
- Low self-esteem.
- Physical and mental sluggishness.
- Thoughts of death and suicide (they often keep these thoughts to themselves).

Quranic Evidence:

Surah an-Nisa (4:5):

وَلَا تُؤْتُوا السُّفَهَاءَ أَمْوَالَكُمُ الَّتِي جَعَلَ اللَّهُ لَكُمْ قِيَامًا

"Do not give your wealth to the foolish (sufaha)…"

Surah at-Tawbah (9:119):

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ

"O you who have believed, fear Allah and be with those who are truthful."

Islamic Ruling on Marriage & Living Together:

It is permissible to live with or marry a bipolar person if they are not violent and the condition can be managed. They have sexual needs like everyone else. You cannot cut them off from the Muslim community. Surround them with supportive, pious, God-fearing people.

Personality disorders respect no color, no race, no religion, no class, no tribe, no nationality. If you are not practising your Deen properly, you can suffer from them.

Cure for All Disorders:

Return to the Deen, play the Qur'an regularly, seek good company, therapy if needed, exercise, eat properly, sleep well, and stay away from stress-inducing environments.

Full Q&A Session (Exact Words)

Q1: Sheikh, Islam doesn't teach us to shun those who have certain disabilities or seem different. What advice do you give to those who mock or bully them?

A: We are one Ummah and the Nabi ﷺ said not to cut off one another because we are supposed to be brothers… Be with those who are God-fearing and caring. The believers are protectors and helpers of one another (Surah at-Tawbah 9:71). Even if it is their fault, we support them so they can get over their disorders.

Q2: What do you know about autism and how best to help a child with autism?

A: My understanding is that when the father is old, the child is born with autism. If the mother is old, the child is born with Down syndrome. Old parents should avoid having children. Kids with autism like to listen to the Holy Qur'an.

Q3: What are the symptoms of ADHD? Is it worse than being bipolar?

A: ADHD is more difficult because the person ian is constantly hyperactive and impulsive. Bipolar is more manageable with the right environment and handlers.

Q4: Best way to help someone with speech impairment?

A: If vocabulary is weak, read good books (e.g. *The Sealed Nectar*) to widen vocabulary. Musa (AS) made du'a: رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَيَسِّرْ لِي أَمْرِي ۝ وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي ۝ يَفْقَهُوا قَوْلِي (Surah Ta-Ha 20:25-28).

Q5: If doctors say the baby has Down syndrome at every stage, is she allowed to abort?

A: I had a friend in London whose wife was told to abort but the child was born completely healthy and intelligent. It is better to give birth and wait and see.

Closing

Thank you very much for coming.
Subhanaka Allahumma bihamdik, ash-hadu an la ilaha illa anta, astaghfiruka wa atubu ilaik.

End of Part 2

Part 3: Narcissistic Personality Disorder

Welcome back to this another of our sessions.
Today we are continuing our psychology series, and the topic we are about to discuss is the **Narcissistic Personality Disorder**.

Definition of Narcissistic Personality Disorder

This is a personality disorder in which the person is obsessed with his own power, his own prestige, and vanity. This person is very, very selfish. He has an ego problem — his ego is too big, a huge ego. He is a prima donna. He likes to be the centre of attraction, the centre of attention.

This condition affects one percent of the population. It was previously known and diagnosed as **megalomania**.

Historical & Quranic Examples of Narcissists

The most famous sufferer mentioned in the Quran is **Nimrod**.

Surah al-Baqarah (2:258):

أَلَمْ تَرَ إِلَى الَّذِي حَاجَّ إِبْرَاهِيمَ فِي رَبِّهِ أَنْ آتَاهُ اللَّهُ الْمُلْكَ إِذْ قَالَ إِبْرَاهِيمُ رَبِّيَ الَّذِي يُحْيِي وَيُمِيتُ قَالَ أَنَا أُحْيِي وَأُمِيتُ ۖ قَالَ إِبْرَاهِيمُ فَإِنَّ اللَّهَ يَأْتِي بِالشَّمْسِ مِنَ الْمَشْرِقِ فَأْتِ بِهَا مِنَ الْمَغْرِبِ فَبُهِتَ الَّذِي كَفَرَ ۗ وَاللَّهُ لَا يَهْدِي الْقَوْمَ الظَّالِمِينَ

"Have you not seen the one who argued with Abraham about his Lord because Allah had given him kingship? When Abraham said, 'My Lord is the one who gives life and causes death,' he said, 'I give life and cause death.' Abraham said, 'Indeed, Allah brings up the sun from the east, so bring it

from the west.’ So the disbeliever was utterly defeated, and Allah does not guide the wrongdoing people.”

Nimrod had a God complex. He killed an innocent man just to prove he could give life and death. He entertained the idea that he had the powers of Allah.

Another famous narcissist was **Pharaoh**.

Surah an-Nazi’at (79:23-24):

فَحَشَرَ فَنَادَى ۝ فَقَالَ أَنَا رَبُّكُمُ الْأَعْلَى

“He gathered his people and proclaimed, ‘I am your Lord, the Most High.’”

Even Shaytan did not declare himself Lord, but Pharaoh did because of his extreme narcissism, self-aggrandizement, vanity, and bloated ego.

Abdullah ibn Ubayy ibn Salul (leader of the hypocrites) suffered from it. Before the Prophet ﷺ migrated to Madinah, people called him “King of Madinah.” When the Prophet took leadership, he carried a permanent grudge, spread the Ifk rumour about Aishah, and died outside Islam as a hypocrite.

Adolf Hitler is a modern example. He attacked Russia, Britain, and America at the same time — a mad act of a narcissist who exaggerated his own abilities.

Shia Imams (according to Ayatollah Khomeini’s book *Islamic Government*, page 52 and other writings): They claim the Imams are infallible, know the unseen, control atoms of the universe, are above the prophets, and never make mistakes while Allah does. This is extreme narcissism.

Cult leaders such as Jim Jones (Jonestown, Guyana 1978 – poisoned 909 followers including children with cyanide-laced Kool-Aid because Judgment Day did not come on his predicted date) and David Koresh (Waco, Texas 1993) also displayed this disorder.

Origin of the Term

The name comes from Greek mythology. Narcissus was a very handsome man who rejected all women because none were good enough for him. He spent hours staring at his own reflection in a pool of water, fell in love with himself, and died in that state.

Symptoms of Narcissistic Personality Disorder

- Obsessed with power, prestige, and vanity.
- Huge ego — big-headed, full of himself.
- Likes to be the centre of attention (prima donna).
- Reacts angrily to constructive criticism (“How dare you criticise me?”).
- Finds it difficult to empathise with others.
- Haughty body language — walks as if the earth is not good enough for him.
- Difficulty maintaining long-term relationships because he is selfish and doesn’t care about others’ feelings.
- Uses people to reach his goals then dumps them without caring about consequences.
- Detests and slanders those who refuse to admire him or oppose his agenda.
- Brags and exaggerates his abilities and achievements.
- Unable to view the world from others’ opinions (“It’s my way or the highway”).
- Sensitive to criticism and vulnerable to shame.

- Envies the abilities of others.
- Feeling of entitlement to special treatment (special plate, special cup, special seat).
- Loud-mouthed to be noticed.
- Cocky, self-centred, and manipulative.
- Driven by power motives and love of vanity.
- Abnormal love of mirrors — spends hours admiring himself physically, academically, and mentally.

The Prophet ﷺ Did NOT Have This Disorder

At the Battle of Badr, the Prophet accepted Habab ibn Mundhir's military advice.
At the Battle of the Trench, he accepted Salman al-Farsi's suggestion to dig the trench.
This proves he was humble and open to good advice.

Surah al-Furqan (25:63):
وَعِبَادُ الرَّحْمَٰنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا
"The servants of the Most Merciful walk upon the earth in humility…"

Cure & Warning

Living in **Dar al-Harb** breeds these **disorders.** The only real cure is to return to the **Deen**, live in an Islamic State, keep good company, and seek Allah's protection. Pills are a gimmick that do not work.

Q&A Session (Exact Words)

Q1: As an American… corrupted societies in the West create many personality disorders. What is the solution?

A: Whenever you have milk and you don't want the milk to go off, you put the milk in the refrigerator. Whenever you have a Muslim and you don't want a Muslim to go off, you put the Muslim in the Islamic State. Only the Islamic State can protect the six sacred things: life, wealth, honour, intellect, lineage, and religion.

Q2: Women by nature spend time beautifying themselves. Should this be classified as narcissism?

A: Women like to beautify themselves. It becomes narcissism when pride enters — when they look down on others and think they are better than others. Once pride and looking down on others appear, then it becomes megalomania / narcissistic personality disorder.

Closing

Thank you very much.
Subhanaka Allahumma bihamdik, ash-hadu an la ilaha illa anta, astaghfiruka wa atubu ilaik.

End of Part 3

PART 4 – POST-TRAUMATIC STRESS DISORDER (PTSD)

Welcome back to this another of our sessions.
Today we are continuing with personality disorders, and the topic we are gonna cover is **post-traumatic stress disorder (PTSD)**. Before we cover antisocial personality disorder, let us cover PTSD first.

Definition of PTSD

PTSD is an anxiety disorder that may develop after exposure to a terrifying ordeal in which severe physical harm occurred or a life-threatening event occurred — or even a perceived life-threatening event.

Post-traumatic stress disorder is an anxiety disorder that may develop after exposure to a terrifying ordeal in which severe physical harm occurred or a life-threatening event occurred.

Triggers That Cause PTSD

Traumatic events that may trigger off PTSD include:

- A violent personal assault.
- A natural or unnatural disaster.
- Accidents (car accident, bus accident, train accident).
- The sudden death of a loved one.

Example of a natural disaster (earthquake):
Can you imagine? You were laughing and talking with your parents in the morning. By midday the earthquake struck, the apartment building crumbled, and your parents — who you were laughing and talking with in the morning — are now buried under the rubble. This was sudden and totally unexpected.

This type of disaster triggers PTSD because it comes upon you suddenly and you weren't expecting it.

Allah spoke about this:

Surah al-Mulk (67:16):
أَمِنْتُمْ مَنْ فِي السَّمَاءِ أَنْ يَخْسِفَ بِكُمُ الْأَرْضَ فَإِذَا هِيَ تَمُورُ
"Do you feel secure that He who is above the heavens will not cause the earth to swallow you and then it would shake violently?"

Allah also reminded us that there are five things only He knows (including the exact time of an earthquake) — **Surah Luqman (31:34)**.

Other triggers:

- Childhood neglect.
- Military combat.
- Rescue work after catastrophes (September 11 rescue workers, July 7 rescue workers).
- Survivors of genocide (Bosnia, Rwanda, Kashmir, occupied Palestine).

Difference Between PTSD and Acute Stress Disorder

- **Post-traumatic stress disorder** = symptoms continue **after** the event (one month or longer).
- **Acute stress disorder** = stress happens **before** the event (e.g. soldiers terrified one month before facing the Mujahideen).

Quranic & Prophetic evidence for acute stress disorder:

Surah Al ‘Imran (3:151):

سَنُلْقِي فِي قُلُوبِ الَّذِينَ كَفَرُوا الرُّعْبَ بِمَا أَشْرَكُوا بِاللَّهِ مَا لَمْ يُنَزِّلْ بِهِ سُلْطَانًا

“We shall cast terror into the hearts of those who disbelieve because they joined others in worship with Allah…”

The Prophet ﷺ said: “I was blessed with six things no prophet before me was given… one of them is that the enemy is terrified of me **one month** before I march against them.”

Why Kuffar Soldiers Suffer PTSD (While Mujahideen Do Not)

Kuffar soldiers have no iman and no mawla (protector). They need alcohol, crack cocaine, and heroin (Dutch courage) before battle. When the drugs wear off they become cowards again.

Mujahideen fight with iman and taqwa — they do not need drugs.

Allah promised to heal the hearts of the believers through fighting the kuffar:

Surah at-Tawbah (9:14):

قَاتِلُوهُمْ يُعَذِّبْهُمُ اللَّهُ بِأَيْدِيكُمْ وَيُخْزِهِمْ وَيَنْصُرْكُمْ عَلَيْهِمْ وَيَشْفِ صُدُورَ قَوْمٍ مُؤْمِنِينَ

“Fight them; Allah will punish them by your hands and will disgrace them and give you victory over them and **heal the breasts of a believing people**.”

Symptoms of PTSD (Full List)

1. Avoiding reminders of the event.
2. Increased anxiety and emotional arousal.
3. Nightmares of the event.
4. Flashbacks of the event.
5. Avoiding activities, places, and conversations that remind him of the event.
6. Anger and irritability (some soldiers return home and kill their own families).
7. Feeling of guilt, shame, and self-blame.
8. Loss of interest in activities and life in general.
9. Feeling detached from others and emotionally numb.
10. Intense physical reactions to reminders (pounding heart, rapid breathing, sweating).
11. Substance abuse (alcohol and drugs) to numb the sadness.
12. Suicidal thoughts and feelings.

Q&A Session (Exact Words)

Q1: If a man didn’t give the love to his wife in order to preserve his family, is that wrong? Couldn’t she get a khula if she wants out?

A: Before she goes for khula, she needs arbitration with her wali. If the wali advises her to go for khula because it isn't working, then maybe she should follow the advice of the wali. Allah told you in Surah an-Nisa (4:35) to seek arbitration when there is a crisis in marriage.

Q2: If somebody feels mentally depressed, how do they help themselves?

A: You need to mix with good people. The answer is Surah at-Tawbah (9:119) — mix with good people. Marry a righteous person who loves you and pampers you; marriage is half your deen.

Q3: As a result, I had a dream about a hijabi sister in my university. In the dream she pats me on the back. Now when I see her at university I've… If you yourself are practising and you and the sister are compatible?

A: It's a good dream and you can consider her for nikkah if you are compatible. If you aren't practising and she is, the dream is from the shaytan.

Q4: My brother has joined the British Army. What is the best advice I can give him?

A: The best advice you can give him is Surah an-Nisa (4:76): "Those who believe fight for Allah and those who are kafir fight for the taghut."

Closing

Thank you very much.
Subhanaka Allahumma bihamdik, ash-hadu an la ilaha illa anta, astaghfiruka wa atubu ilaik.

End of Part 4

Part 5: Antisocial Personality Disorder

Definition of Personality Disorder (Recap)

A personality disorder is whenever a person behaves contrary to the expectations of his culture. Whenever a person behaves contrary to the expectations of his culture, that is a personality disorder. Therefore, every culture has certain expectations, and the moment you behave contrary to the expectation of your own culture, it means that you have a personality disorder.

Definition of Antisocial Personality Disorder (ASPD)

This is a form of mental illness where the sufferer has absolutely no regard for the feelings or the rights of others.
He is cruel, deceitful, selfish, and manipulative.
A person with ASPD shows a total lack of concern towards the expectations and rules of the society. They constantly violate the rules of the home, the school, the college, the masjid, the university, and the society at large.
Because they are selfish, they have no regard for the feelings of others.
They lack social skills.

This disorder is found in kids as well as adults, men as well as women.

Symptoms & Behaviour Patterns

As a child:

- Lying
- Breaking promises
- Truancy
- Disruptive behaviour in the classroom
- Delinquency
- Substance abuse / alcohol abuse
- Falling foul of the law repeatedly

As an adult:

- Commits crimes
- Fails to live up to the requirements of the job
- Fails to live up to financial responsibility
- Fails to live up to parenting responsibility
- Difficulty maintaining a long-term relationship due to drug and alcohol abuse

Examples of Antisocial Personality Disorder

- Bullying kids at school
- Teasing and name-calling (offensive nicknames)
- Physically fighting people (fist fights) at home, school, college, university, or work
- Breaking into people's homes to steal belongings
- Painting graffiti on walls to make the area look like a ghetto
- Playing loud music to disturb the neighbour
- Smoking at work and turning coworkers into passive smokers
- Honking your car horn loudly and repeatedly
- Leaving your car alarm on to disturb the neighbourhood
- Raising your voice to annoy others in gatherings
- Starting fires and causing huge smoke to disturb the neighbour
- Using fireworks to make noise and disturb the neighbour
- Rowdy, loud, and unruly behaviour after a drinking session in a pub
- Opening a brothel in a decent neighbourhood (destroys house prices)
- Opening a noisy factory in a residential neighbourhood

Causes of Antisocial Personality Disorder

1. Absence of parental discipline (no proper Islamic tarbiyah / upbringing)
2. Extreme poverty (a hungry man is an angry man)
3. Lack of spirituality (ungodly life)
4. Removal from home / growing up in an orphanage
5. Growing up without parental figures of both sexes (mother only or father only)
6. Lack of love from parents (emotional neglect)

The Prophet ﷺ said:
إِنَّمَا بُعِثْتُ لِأُتَمِّمَ مَكَارِمَ الْأَخْلَاقِ
“I was sent for no other reason except to perfect good morals.”

He also said: “The best gift you can give your child is good manners / good character.”

Luqman’s advice to his son (Surah Luqman 31:19):
وَاقْصِدْ فِي مَشْيِكَ وَاغْضُضْ مِنْ صَوْتِكَ ۚ إِنَّ أَنكَرَ الْأَصْوَاتِ لَصَوْتُ الْحَمِيرِ
“And be moderate in your pace and lower your voice; indeed, the most disagreeable of sounds is the voice of donkeys.”

The Islamic Solution:

The only real solution is to become spiritually enlightened and pious.
Not until a person fears Allah and becomes spiritual will he abandon selfishness, manipulation, and disregard for others’ rights and feelings.

Surah al-Hujurat (49:11):
يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرْ قَوْمٌ مِّن قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّن نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ ۖ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ
“O you who have believed, let not a people ridicule [another] people; perhaps they may be better than them. Nor let women ridicule [other] women; perhaps they may be better than them. And do not insult one another and do not call each other by [offensive] nicknames…”

Q&A Session (Exact Words)

Q1: If your wife can’t get pregnant and when you tell her about marrying a second wife she disagrees, she expects you to live the rest of your life without children — isn’t that selfish?

A: Your wife isn’t being selfish, and you have a valid reason to get married a second time. People get married a second time because the first wife can’t get pregnant, or because the man is hyperactive with a high libido and doesn’t want to fall into zina, or to protect a widowed or divorced sister from zina. Don’t forget the hadith: if you have sabr (patience) when your husband takes on a second wife, you go to Jannah (found in At-Tabarani).

Q2: Is it possible for an unmarried Muslim man to be engaged in sex with slave girls, captives, or infidel women?

A: You are allowed to have sex with concubines (what your right hand possesses – ma malakat aymanukum) without marriage because Allah gives you permission in the Quran. **Surah al-Mu’minun (23:5-7):**
وَالَّذِينَ هُمْ لِفُرُوجِهِمْ حَافِظُونَ ۝ إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ مَلُومِينَ
“And those who guard their private parts except from their wives or those their right hands possess, for indeed, they are not to be blamed.”

The Prophet ﷺ had a concubine named Maria and did not marry her.

Closing

End of Part 5 – End of the Complete Series